CLAIMS

1. Product (1) to measure the effectiveness and efficiency of warming-up and winding-down physical exercises performed by an individual characterized in that it comprises a temperature sensor (3) to detect the body temperature of said individual and means of monitoring, by comparing said temperature readings, variations in the body temperature of said individual as a result of said exercises.

2. Product (1) according to claim 1, wherein said monitoring means include electronic processing means to process said temperature readings.

3. Product (1) according to claim 1, wherein said temperature sensor (3) includes a thermocouple.

4. Product (1) according to claim 1, wherein said temperature sensor (3) is of the no-contact type.

5. Product (1) according to claim 4, wherein said temperature sensor (3) is an infrared sensor.

6. Product (1) according to claim 1, further comprising protection means to prevent contamination of said temperature sensor (3) by external agents.

7. Product (1) according to claim 1, further comprising an output interface (4) to display said temperature readings.

8. Product (1) according to any of the previous

claims, further comprising means to indicate when the individual has reached the pre-established training conditions.

9. Product (1) according to claim 1, wherein said temperature is measured continuously.

10. Product (1) according to claim 1, wherein said temperature is measured at intervals.

11. Product (1) according to claim 1, further comprising control means to control the beginning and the end of a cycle of said measurements.

12. Product (1) according to claim 1, wherein said sensor (3) is able to read said temperature measurements by placing a body part of said individual near or on said sensor.

13. Product (1) according to claim 12, wherein said sensor (3) is able to read said temperature measurements by placing a finger of said individual near or on said sensor.

14. Product (1) according to claim 1, wherein said measurement readings include an initial temperature measured at the beginning of said physical activities or at the start of a measurement cycle and where said monitoring is such as to monitor a difference in temperature of said readings compared to the initial reading.

15. Product (1) according to claim 1, wherein said product (1) is able to signal achievement of a correct warm-up/wind-down state of said individual when, by means of said monitoring of variations in body temperature compared to the beginning of said activities or at the start of a measurement cycle, said variation reaches an absolute value approximately within the range of 1.3°C - 2.3°C.

16. Product (1) according to claim 15, wherein said range is approximately within 1.5°C and 2.0°C.

17. Product (1) according to claim 1, wherein said product (1) is able to signal achievement of a correct warm-up/wind-down state of said individual when, by means of said monitoring of variations in body temperature compared to the beginning of said activities or at the start of a measurement cycle, said variation reaches an absolute value approximately equal to 1.7°C.

18. Product (1) according to any of the previous claims, wherein said product is in the form of a control console for training equipment.

19. Product (1) according to any of the claims 1-18, wherein said product is in the form of a bracelet or personal accessory.

20. Product (1) according to any of the previous claims, further comprising independent power supply

means.

21. Training equipment (2) characterized in that it comprises a product (1) according to any of the previous claims.

22. Training equipment (2) according to claim 21, wherein said equipment comprises at least one handle, or handgrip, provided with a projection and wherein said sensor is placed near said projection.